1:Beals E-5 (1940-1941)1946 NU34 Tarasco NU34

262 straits as the one mentioned above, would prob-
511 ably spend, in addition, 1 or 2 centavos daily
556 for sugar, consumed in cinnamon tea, or 3 to 6 ounces of brown sugar for use in *atole blanco*. Atole would occasionally be made of milk, 3 to 5 centavos worth being bought. Such a family
● [158] would drink milk only in case of illness, when a sick person might get a pint or a little more each day.

A "middle class" family, consisting of 8 persons (2 adults, 6 children aged 4 to 16), eats about 3½ liters of maize daily, about 3½ pounds of meat (a peso's worth) a week, and 10 centavos worth of cheese daily. In addition, about 25 centavos a day would be spent for other foods. (The data on the three diets given above were all collected by Sra. Silvia Rendón.)

What appeared to be two reliable quantitative records, covering 2-week periods, were obtained, the first for a wealthy family and the second for an average family. They are as follows:

Diet records of two families for 2-week period

1. Wealthy family, Don Hilaro Xhemba (10 persons in household):

Maize	111 liters
Meat	13 pounds
Cheese	2 pounds
Fruit	[1]$ 2.54
Milk	1.54
Chiles (about ½ dozen)	.03
Bread (15 pieces, whole wheat, about 4½ inches diameter, 1¼ inches thick)	.75
Beans (brown or red; little less than 3 liters)	.41
Fish (probably about ½ pound dried fish)	.21
Total expenditure	$12.50

2. Average family, Melquiades Romero (2 adults and 5 children):

Maize	75 liters
Meat	12 pounds
Fruit	[2]$0.96

[1] This amount seems high. It would be the cost of 50 to 75 oranges, small to medium size, but undoubtedly it was not all spent for oranges; in fact, it was much more probably spent for bananas, pears, and perhaps apples or peaches.

[2] Perhaps spent for 20 to 30 small to medium oranges, but probably mostly for bananas, peaches, pears, and apples.

In both cases recorded above, vegetables undoubtedly came out of the family garden and are not listed. Probably, from the distribution of purchases, this would mean cabbage daily, perhaps half a leaf per person, boiled with the